

SH Enterprises, Inc.

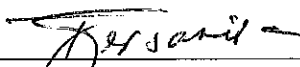
Mailing Address : P.O.Box 9730 Tamuning, Guam 96931

Tel: 649-9716 / 649-9727 Fax: 649-0523 Email: shdsc2019@yahoo.com

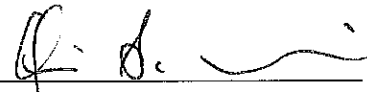
DSC-Elderly Nutrition Program: Lunch-Home Delivered Meals (C-2) for FEBRUARY 2021

MON	TUE	WED	THURS	FRI	SAT	SUN
1	2	3	4	5	6	7
Chicken Achote 1 cup Steamed Rice 1/2cup Green Beans 1/2cup Canned Fruit Low fat Milk 8oz	Chamorro Beef Steak 1 cup Steamed Rice 1/2cup Carrots 1/2cup Canned Fruit Low fat Milk 8oz	Baked Salmon 1 cup Steamed Rice 1/2 c Broccoli 1/2cup Canned Fruit Low fat Milk 8oz	Chicken in Oyster Sauce 1 cup Steamed Rice 1/2cup Mixed Veg 1/2cup Canned Fruit Low fat Milk 8oz	Pork Chopsuey 1 cup Steamed Rice 1/2cup Broccoli 1/2cup Canned Fruit Low fat Milk 8oz	Chicken Afritada 1 cup Steamed Rice 1/2 cup Green Peas 1pc Fresh Fruit Low fat Milk 8oz	Pork Sinigang 1 cup Steamed Rice 1/2 cup Cabbage 1/2cup Canned Fruit Low fat Milk 8oz
8	9	10	11	12	13	14
Ground Beef Menudo 1 cup Steamed Rice 1/2 cup Peas & Carrots 1pc Fresh Fruit Low fat Milk 8oz	Pork Teriyaki 1 cup Steamed Rice 1/2 cup Cut Corn 1/2cup Canned Fruit Low fat Milk 8oz	Chicken w/ Mushroom Sce 1 cup Steamed Rice 1/2cup Carrots 1pc Fresh Fruits Low fat Milk 8oz	Fish Escabeche 1 cup Steamed Rice 1/2 cup Green Beans 1pc Fresh Fruit Low fat Milk 8oz	Ginger Chicken 1 cup Steamed Rice 1/2 cup Carrots 1/2 cup Canned Fruit Low fat Milk 8oz	Pork Pancit 1 cup Steamed Rice 1/2 cup Green Beans 1pc Fresh Fruit Low fat Milk 8oz	Shoyu Chicken 1 cup Steamed Rice 1/2 cup Green Peas 1/2cup Canned Fruit Low fat Milk 8oz
15	16	17-Ash Wednesday	18	19	20	21
Pork Kadu 1 cup Steamed Rice 1/2 cup Cabbage 1pc Fresh Fruit Low fat Milk 8oz	Gr. Beef Tinaktak 1 cup Steamed Rice 1/2cup Green Beans 1/2cup Canned Fruit Low fat Milk 8oz	Kadon Manok 1 cup Steamed Rice 1/2cup Carrots 1pc Fresh Fruit Low fat Milk 8oz	Pork Steak w/Onion 1 cup Steamed Rice 1/2 cup Cut Corn 1/2cup Canned Fruit Low fat Milk 8oz	Tuna Pasta Casserole 1 pc Bread 1/2cup Peas & Carrots 1pc Fresh Fruit Low fat Milk 8oz	Chicken Teriyaki 1 cup Steamed Rice 1/2 cup Mixed Veg 1pc Fresh Fruit Low fat Milk 8oz	Pork w/ Mushroom Sce 1 cup Steamed Rice 1/2 cup Carrots 1/2cup Canned Fruit Low fat Milk 8oz
22	23	24	25	26	27	28
Fish Escabeche 1 cup Steamed Rice 1/2cup Green Beans 1/2cup Canned Fruit Low fat Milk 8oz	Chamorro Beef Steak 1 cup Steamed Rice 1/2 cup Mixed Veg 1pc Fresh Fruit Low fat Milk 8oz	Chicken Afritada 1 cup Steamed Rice 1/2 cup Green Peas 1/2cup Canned Fruit Low fat Milk 8oz	Pork Estufao 1 cup Steamed Rice 1/2 cup Cauliflower 1pc Fresh Fruit Low fat Milk 8oz	Fish Escabeche 1 cup Steamed Rice 1/2 cup Green Peas 1/2cup Canned Fruit Low fat Milk 8oz	Pork Kadu 1 cup Steamed Rice 1/2cup Cabbage 1/2cup Canned Fruit Low fat Milk 8oz	Chicken Pancit 1 cup Steamed Rice 1/2 cup Green Beans 1pc Fresh Fruit Low fat Milk 8oz
				****LENT SEASON		

Reviewed & Approved by:


Maria B.M. Gersaniba, RDN LD Lic#884140

Acknowledged by:


Hai S. Min -Vice President SH Ent.,Inc.

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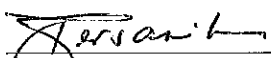
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DSC-Elderly Nutrition Program: Lunch- Congregate Meals (C-1) for FEBRUARY 2021

MON	TUE	WED	THURS	FRI
1	2	3	4	5
Chicken Achote 1 cup Steamed Rice 1/2cup Green Beans 1/2cup Canned Fruit Low fat Milk 8oz	Chamorro Beef Steak 1 cup Steamed Rice 1/2cup Carrots 1/2cup Canned Fruit Low fat Milk 8oz	Baked Salmon 1 cup Steamed Rice 1/2 c Broccoli 1/2cup Canned Fruit Low fat Milk 8oz	Chicken in Oyster Sauce 1 cup Steamed Rice 1/2cup Mixed Veg 1/2cup Canned Fruit Low fat Milk 8oz	Pork Chopsuey 1 cup Steamed Rice 1/2cup Broccoli 1/2cup Canned Fruit Low fat Milk 8oz
8	9	10	11	12
Ground Beef Menudo 1 cup Steamed Rice 1/2 cup Peas & Carrots 1pc Fresh Fruit Low fat Milk 8oz	Pork Teriyaki 1 cup Steamed Rice 1/2 cup Cut Corn 1/2cup Canned Fruit Low fat Milk 8oz	Chicken w/ Mushroom Sce 1 cup Steamed Rice 1/2cup Carrots 1pc Fresh Fruits Low fat Milk 8oz	Fish Escabeche 1 cup Steamed Rice 1/2 cup Green Beans 1pc Fresh Fruit Low fat Milk 8oz	Ginger Chicken 1 cup Steamed Rice 1/2 cup Carrots 1/2 cup Canned Fruit Low fat Milk 8oz
15	16	17-Ash Wednesday	18	19
Pork Kadu 1 cup Steamed Rice 1/2 cup Cabbage 1pc Fresh Fruit Low fat Milk 8oz	Gr. Beef Tinaktak 1 cup Steamed Rice 1/2cup Green Beans 1/2cup Canned Fruit Low fat Milk 8oz	Kadon Manok 1 cup Steamed Rice 1/2cup Carrots 1pc Fresh Fruit Low fat Milk 8oz	Pork Steak w/Onion 1 cup Steamed Rice 1/2 cup Cut Corn 1/2cup Canned Fruit Low fat Milk 8oz	Tuna Pasta Casserole 1 pc Bread 1/2cup Peas & Carrots 1pc Fresh Fruit Low fat Milk 8oz
22	23	24	25	26
Shoyu Chicken 1 cup Steamed Rice 1/2cup Green Beans 1/2cup Canned Fruit Low fat Milk 8oz	Chamorro Beef Steak 1 cup Steamed Rice 1/2 cup Mixed Veg 1pc Fresh Fruit Low fat Milk 8oz	Chicken Afritada 1 cup Steamed Rice 1/2 cup Carrots 1/2cup Canned Fruit Low fat Milk 8oz	Pork Estufao 1 cup Steamed Rice 1/2 cup Cauliflower 1pc Fresh Fruit Low fat Milk 8oz	Fish Escabeche 1 cup Steamed Rice 1/2 cup Green Peas 1/2cup Canned Fruit Low fat Milk 8oz
				****LENT SEASON

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DSC-Elderly Nutrition Program: Lunch-Home Delivered Meals (C-2) - Vegetarian for FEBRUARY 2021

MON	TUE	WED	THURS	FRI	SAT	SUN
1	2	3	4	5	6	7
Spaghetti w/ Tomato Sce	Tofu Steak	Squash Curry	Tofu in Oyster Sauce	Veggie Chopsuey	Kidney Bean Afritada	Veggie Sinigang
1 cup Steamed Rice	1 cup Steamed Rice	1 cup Steamed Rice	1 cup Steamed Rice	1 cup Steamed Rice	1 cup Steamed Rice	1 cup Steamed Rice
1/2cup Green Beans	1/2cup Carrots	1/2 c Chamorro salad	1/2cup Mixed Veg	1/2cup Broccoli	1/2 cup Green Peas	1/2 cup Cabbage
1/2cup Canned Fruit	1/2cup Canned Fruit	1/2cup Canned Fruit	1/2cup Canned Fruit	1/2cup Canned Fruit	1pc Fresh Fruit	1/2cup Canned Fruit
Low fat Milk 8oz	Low fat Milk 8oz	Low fat Milk 8oz	Low fat Milk 8oz	Low fat Milk 8oz	Low fat Milk 8oz	Low fat Milk 8oz
8	9	10	11	12	13	14
Legumes Menudo	Tofu Teriyaki	Macaroni & Cheese	Stirfry Vegetable	Eggplant Gulsado	Vegetable Pancit	Tofu Estufao
1 cup Steamed Rice	1 cup Steamed Rice	1 pc Bread	1 cup Steamed Rice	1 cup Steamed Rice	1 cup Steamed Rice	1 cup Steamed Rice
1/2 cup Peas & Carrots	1/2 cup Cut Corn	1/2cup Carrots	1/2 cup Green Beans	1/2 cup Carrots	1/2 cup Green Beans	1/2 cup Green Peas
1pc Fresh Fruit	1/2cup Canned Fruit	1pc Fresh Fruits	1pc Fresh Fruit	1/2 cup Canned Fruit	1pc Fresh Fruit	1/2cup Canned Fruit
Low fat Milk 8oz	Low fat Milk 8oz	Low fat Milk 8oz	Low fat Milk 8oz	Low fat Milk 8oz	Low fat Milk 8oz	Low fat Milk 8oz
15	16	17	18	19	20	21
Vegetable Chopsuey	Macaroni/Bean Casserole	Tofu Steak w/Onion	Eggplant Curry	Gr. Bean Tinaktak	Tofu Teriyaki	Mongo Beans Gulsado
1 cup Steamed Rice	1 pc Bread	1 cup Steamed Rice	1 cup Steamed Rice	1 cup Steamed Rice	1 cup Steamed Rice	1 cup Steamed Rice
1/2 cup Cabbage	1/2cup Peas & Carrots	1/2 cup Cut Corn	1/2cup Green Beans	1/2 cup Green Peas	1/2 cup Mixed Veg	1/2 cup Carrots
1pc Fresh Fruit	1/2cup Canned Fruit	1pc Fresh Fruit	1/2cup Canned Fruit	1pc Fresh Fruit	1pc Fresh Fruit	1/2cup Canned Fruit
Low fat Milk 8oz	Low fat Milk 8oz	Low fat Milk 8oz	Low fat Milk 8oz	Low fat Milk 8oz	Low fat Milk 8oz	Low fat Milk 8oz
22	23	24	25	26	27	28
Stirfry Vegetable	Tofu Steak	Squash Afritada	Tofu Estufao	Sauteed Mongo Beans	Tofu Stirfry	Vegetable Pancit
1 cup Steamed Rice	1 cup Steamed Rice	1 cup Steamed Rice	1 cup Steamed Rice	1 cup Steamed Rice	1 cup Steamed Rice	1 cup Steamed Rice
1/2cup Green Beans	1/2 cup Mixed Veg	1/2 cup Carrots	1/2 cup Cauliflower	1/2 cup Green Peas	1/2cup Cabbage	1/2 cup Green Beans
1/2cup Canned Fruit	1pc Fresh Fruit	1/2cup Canned Fruit	1pc Fresh Fruit	1/2cup Canned Fruit	1/2cup Canned Fruit	1pc Fresh Fruit
Low fat Milk 8oz	Low fat Milk 8oz	Low fat Milk 8oz	Low fat Milk 8oz	Low fat Milk 8oz	Low fat Milk 8oz	Low fat Milk 8oz

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 Marja P.M. Gersaniba, RDN LD Lic#884140

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 Hui S. Mir, Vice President SH Ent., Inc.

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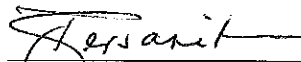
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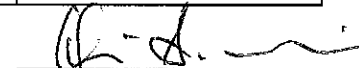
DSC-Elderly Nutrition Program: Lunch-Congregate Meals (C-1) - Vegetarian for FEBRUARY 2021

MON	TUE	WED	THURS	FRI
1	2	3	4	5
Spaghetti w/ Tomato Sce	Tofu Steak	Squash Curry	Tofu in Oyster Sauce	Veggie Chopsuey
1 cup Steamed Rice	1 cup Steamed Rice	1 cup Steamed Rice	1 cup Steamed Rice	1 cup Steamed Rice
1/2cup Green Beans	1/2cup Carrots	1/2 c Chamorro salad	1/2cup Mixed Veg	1/2cup Broccoli
1/2cup Canned Fruit	1/2cup Canned Fruit	1/2cup Canned Fruit	1/2cup Canned Fruit	1/2cup Canned Fruit
Low fat Milk 8oz	Low fat Milk 8oz	Low fat Milk 8oz	Low fat Milk 8oz	Low fat Milk 8oz
8	9	10	11	12
Legumes Mentado	Tofu Teriyaki	Macaroni & Cheese	Stirfry Vegetable	Eggplant Guisado
1 cup Steamed Rice	1 cup Steamed Rice	1 pc Bread	1 cup Steamed Rice	1 cup Steamed Rice
1/2 cup Peas & Carrots	1/2 cup Cut Corn	1/2cup Carrots	1/2 cup Green Beans	1/2 cup Carrots
1pc Fresh Fruit	1/2cup Canned Fruit	1pc Fresh Fruits	1pc Fresh Fruit	1/2 cup Canned Fruit
Low fat Milk 8oz	Low fat Milk 8oz	Low fat Milk 8oz	Low fat Milk 8oz	Low fat Milk 8oz
15	16	17	18	19
Vegetable Chopsuey	Macaroni/Bean Casserole	Tofu Steak w/Onion	Eggplant Curry	Gr. Bean Tinaktak
1 cup Steamed Rice	1 pc Bread	1 cup Steamed Rice	1 cup Steamed Rice	1 cup Steamed Rice
1/2 cup Cabbage	1/2cup Peas & Carrots	1/2 cup Cut Corn	1/2cup Green Beans	1/2 cup Green Peas
1pc Fresh Fruit	1/2cup Canned Fruit	1pc Fresh Fruit	1/2cup Canned Fruit	1pc Fresh Fruit
Low fat Milk 8oz	Low fat Milk 8oz	Low fat Milk 8oz	Low fat Milk 8oz	Low fat Milk 8oz
22	23	24	25	26
Stirfry Vegetable	Tofu Steak	Squash Aritada	Tofu Estufao	Sauteed Mongo Beans
1 cup Steamed Rice	1 cup Steamed Rice	1 cup Steamed Rice	1 cup Steamed Rice	1 cup Steamed Rice
1/2cup Green Beans	1/2 cup Mixed Veg	1/2 cup Carrots	1/2 cup Cauliflower	1/2 cup Green Peas
1/2cup Canned Fruit	1pc Fresh Fruit	1/2cup Canned Fruit	1pc Fresh Fruit	1/2cup Canned Fruit
Low fat Milk 8oz	Low fat Milk 8oz	Low fat Milk 8oz	Low fat Milk 8oz	Low fat Milk 8oz

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